

The Birthing Difference at Scottsdale Healthcare Shea

Information Guide



SCOTTSDALE
HEALTHCARE®



Family Birthing Center

Operating under the philosophy of family centered care, the Family Birthing Center at Scottsdale Healthcare Shea offers 12 private, Labor-Delivery-Recovery rooms, 34 Post partum rooms, 10 high risk antepartum rooms, eight triage rooms and two surgical suites. Baby remains with mom in her room from birth to discharge, providing increased opportunities for bonding, enhanced teaching and participation of significant others.

Families that have delivered their baby surgically by cesarean section are accommodated in a postpartum room that is part of the Birthing Center. Their needs are met comfortably by the Couplet Care staff.

Once the new addition arrives, new moms work closely with the staff to ensure a positive transition to parenthood. Lactation nurses are available during the hospital stay, as well as after discharge providing advice, counsel, support and instruction via telephone or by outpatient consultation.

Our Philosophy is to improve the health status of women in our community through education, prevention and the use of screening, diagnostic testing and early intervention.



Support Services

Center for Breastfeeding Support

The Center for Breastfeeding Support at the Scottsdale Healthcare Women's Center offers breastfeeding consultations and support during your hospital stay. All of our obstetric nurses have lactation knowledge and skill.

Breastfeeding concerns can be addressed by a Lactation Consultant seven days a week.

The first few days after birth is a very significant time. Since the baby is most vulnerable for weight loss and jaundice at this time, your Pediatrician may recommend you and your baby return to the Center for Breastfeeding Support for an infant weight check and feeding assessment. This informational outpatient visit with a Registered Nurse/Lactation Consultant is generally 24-48 hours after going home from the hospital and is scheduled before you and your baby go home. During the visit, your baby will be weighed and examined by the nurse to screen for feeding problems or related issues such as jaundice or weight loss. The nurse will notify the appropriate physician of any problems. About 45 minutes in length, the visit includes information on "survival skills" for new parents and provides time for mom's questions and assistance with a feeding if needed. This visit is an important safety net between birth and the follow-up visits with the obstetrician and pediatrician.

If you have questions, need breastfeeding information, or to schedule an appointment with a Lactation Consultant, 480-323-3638.

Specialty Services

Neonatal Intensive Care

Integral to the Family Birthing Center is the Bowe Special Care Nursery, a designated Level 2 Enhanced Qualifications neonatal intensive care unit. Neonatal specialists (neonatologists or neonatal nurse practitioners) provide continuous in-hospital coverage, as well as specially trained nurses and respiratory professionals. Located strategically within the Center, the Bowe Special Care Nursery cares for infants and families who require services that are more advanced.

The Family Birthing Center has state-of-the-art equipment and facilities, a 20-bed capacity and highly trained personnel. Able to meet the needs of babies with even the most complex care requirements, the Bowe Special Care Nursery's family friendly policies allow parents and families to remain close to newborns that require these services. Scottsdale Healthcare is dedicated to providing a full range of services to the communities while striving to preserve the miraculous experience of birth. This dedication is expressed in the Center's unmatched facilities and staff, as well as a partnership with medical staff whose focus is excellent care.

High Risk Obstetrics

Scottsdale Healthcare provides qualified experts in the field of maternal-fetal medicine to assist your obstetrician/gynecologist in the management of pregnancy complications. Medical direction from the physicians of Phoenix Perinatal Associates/Obstetrics Medical Group are available daily by appointment. Special expertise is offered in the high risk areas of premature labor, preeclampsia, medical complications of pregnancy, genetic diseases, prenatal diagnosis and therapy and multiple gestations (triplets or quadruplets). Having high risk specialists readily available, if needed, brings comfort and peace of mind allowing the focus to be on a quality family birthing experience.



Journey to Parenting

This is a three-part comprehensive program offered by Scottsdale Healthcare to guide expectant parents through the journey of pregnancy, childbirth and their new roles as parents. Parents are encouraged to enroll in all three classes; however, classes may be taken separately.

Growing Your Baby (2.5-hours)

Begin your journey through pregnancy in this second trimester 12-24 week class. Learn how pregnancy affects a woman's body as her baby continues to develop inside, and understand warning signs of pre-term labor. Discover how you can begin to plan and prepare for your new role as parents as you learn about baby supplies and infant feeding choices. Information about nutrition and healthy life choices will be provided to help guide expectant parents through an enjoyable and safe pregnancy.

Sneak Peek (3-hours)

This newborn care class will give expectant parents a peek at the reality of life with a newborn. Learn about the joys and challenges of early parenting and resources to help you cope. This class will teach you the basics of baby care including diapering, bathing, and calming a fussy baby. Expectant grandparents would also enjoy this class.

Birth Basics & Breathing (Three 3-hour classes)

This third trimester, three-part class helps expectant parents learn about the miracle of birth. Topics include signs and stages of labor, hospital procedures and medical interventions, cesarean birth, partner's supportive role in labor, physical recovery and self-care. Time will be spent discussing comfort techniques for labor and birth as well as practicing breathing and relaxation techniques.

One More Time (4-hours)

This third trimester birthing class offers a review of labor and birth, hospital procedures, medical interventions, breathing and relaxation for parents who have attended a prior birthing class and need only a “refresher” class. This class may be taken alone or in conjunction with “Sneak Peek” and “Growing Your Baby”.

Family Birthing Center Unit Tours

This tour will familiarize you and your labor partner with the facility, rooms, visitor policies and rules and regulations, with time provided for questions. The tour takes approximately 45 minutes.

Intensive Birth Basics (One day, two 3-hour classes)

This third-trimester class offers expectant parents with time constraints an abbreviated adventure into the miracle of labor and childbirth. Material covered includes all components of parts one and two of Birth Basics but does not include breathing, relaxation and comfort techniques. Those interested in the aforementioned skills, are encouraged to enroll in our Intensive Breathing & Relaxation class.

Intensive Breathing & Relaxation (2.5 hours)

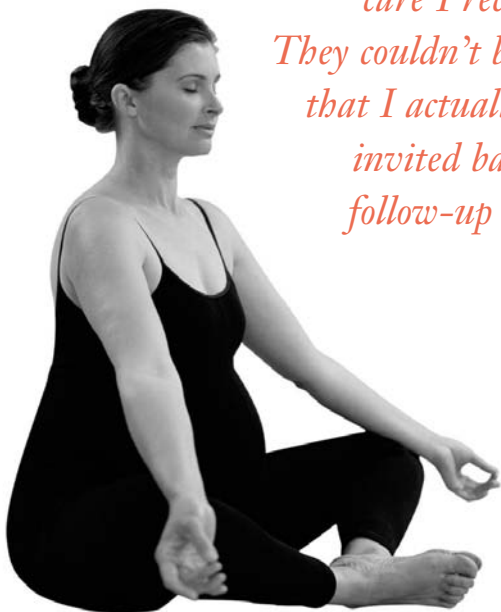
Designed to compliment the Intensive Birth Basics course, expectant women and partners will learn and practice comfort, relaxation and breathing techniques. Time also will be spent discovering and developing massage and visualization skills to assist the laboring woman.

Journey to Parenting

Preparing for Cesarean Section (2.5 hours)

Designed for expectant parents that are anticipating a scheduled cesarean section. This class will provide step by step information on the process of cesarean delivery. The class will include reasons for cesarean section, expectations and necessary procedures before, during and after surgery.

“I’ve discussed my delivery experience with my friends and they were astonished by the wonderful care I received. They couldn’t believe that I actually was invited back for follow-up care.”



Adventure Into Parenting

Additional classes offered by Scottsdale Healthcare to guide new parents:

Breastfeeding (3.5-hours)

Taught by a Lactation Educator, this class will give expectant mothers important information to prepare for successful breastfeeding. Topics covered include the physiology of breastfeeding, positions, latching on, pumping and returning to work as well as tips to help avoid possible nursing problems. Time will be spent learning and practicing positioning. Partners are encouraged to attend.

Daddy Boot Camp (3-hours)

Designed for expectant fathers, this class will help men explore their unique roles as dads. Discussion includes such topics as the changing relationship between fathers and mothers, conflicting emotions, and how to support the mother through pregnancy, labor, post-partum and breastfeeding. Learn about the basics of fathering and discover ways to promote bonding with your new infant.

Sibling Preparation for ages 3 to 10 (1.5-hours)

This class is designed to help siblings prepare for the new baby. It includes a workbook, films, and discussion about the care and handling of a new baby. Some highlights of the class include dressing in hospital scrubs and seeing a new baby (health restrictions may apply). The level of participation can affect the length of this class.

Adventure Into Parenting

Infant CPR (approximately 2-hours)

This informative class covers basic life support and foreign body airway obstruction of the infant. The professional teaching this class is a certified CPR instructor as outlined by the American Heart Association. A course completion card will not be issued for this class. The level of participation can also affect the length of this class.

Moms on the Move

M.O.M. meets weekly to provide social interaction, support and practical information for new mothers. Come with your baby and meet other new moms as you learn from their experiences, share your adventures and gather helpful information to assist you in parenting your baby.

Parent Infant Massage (Two 1-hour classes)

Taught by a licensed massage therapist, this class is for parents and babies 1-12 months old. Parents will learn how to comfort the baby, massage strokes that promote parasympathetic nervous system functioning and how to relieve gas and the symptoms of colic. Participation benefits include helping the baby sleep better, contribute to development, improve communication and deepens bonding experience.

Notes

Guest Services

No detail has been overlooked at the Scottsdale Healthcare Women's Center. Patients, family members, visitors and other special guests are welcome to use our services:

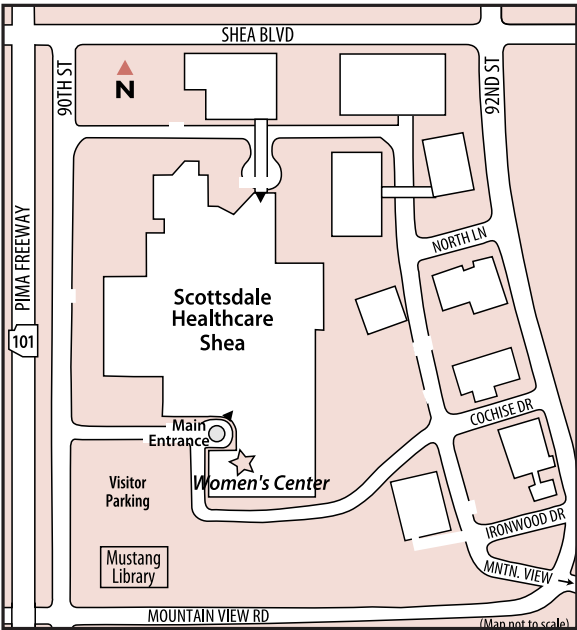
Essential Touch Wellness Center & Boutique

Essential Touch Wellness Center offers healing therapies that enhance the beauty within you. Our therapies are designed to reduce stress, improve health and create a foundation of well-being.

The Essential Touch Boutique offers a variety of quality health and medical products. Specialty items for pregnant women and new mothers include breast pumps and supplies, nursing bras, as well as infant necessities (complimentary nursing bra fittings are available). Women of all ages will enjoy our inviting array of boutique selections, carefully selected to meet your personal, feminine needs.

Our Commitment to You

This is a time of new beginnings for your family. We're here to ensure a comfortable, secure and positive experience at every level. We offer private birthing suites, and a warm and helpful staff of caring professionals. Support services include classes for new and expecting parents, follow-up visits for new moms and breastfeeding consultations. At Scottsdale Healthcare, the well-being of you and your child is paramount. We look forward to sharing this special journey with you!



**SCOTTSDALE
HEALTHCARE®**

Scottsdale Healthcare Women's Center
9003 E. Shea Boulevard, Scottsdale, AZ 85260-6709
480-882-4636

shc.org